

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 11244, Lambsquarters, raw

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	84.30	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Energy	kcal	43	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Energy	kJ	180	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	4.20	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Total lipid (fat)	g	0.80	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Ash	g	3.40	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Carbohydrate, by difference	g	7.30	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Fiber, total dietary	g	4.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Minerals													
Calcium, Ca	mg	309	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Iron, Fe	mg	1.20	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Magnesium, Mg	mg	34	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Phosphorus, P	mg	72	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K	mg	452	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Sodium, Na	mg	43	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Zinc, Zn	mg	0.44	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Copper, Cu	mg	0.293	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Manganese, Mn	mg	0.782	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Selenium, Se	µg	0.9	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	80.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Thiamin	mg	0.160	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Riboflavin	mg	0.440	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Niacin	mg	1.200	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Pantothenic acid	mg	0.092	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Vitamin B-6	mg	0.274	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Folate, total	µg	30	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	30	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1984
Folate, DFE	µg	30	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	580	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	11600	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Lipids													
Fatty acids, total saturated	g	0.059	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
14:0	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
16:0	g	0.047	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:0	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Fatty acids, total monounsaturated	g	0.150	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
16:1 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:1 undifferentiated	g	0.115	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
20:1	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
22:1 undifferentiated	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total polyunsaturated	g	0.351	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:2 undifferentiated	g	0.313	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:3 undifferentiated	g	0.036	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
20:4 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984
Amino Acids													
Tryptophan	g	0.038	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Threonine	g	0.163	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Isoleucine	g	0.253	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Leucine	g	0.350	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Lysine	g	0.354	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Methionine	g	0.049	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Cystine	g	0.089	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine	g	0.166	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Tyrosine	g	0.175	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Valine	g	0.226	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Arginine	g	0.253	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Histidine	g	0.116	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Alanine	g	0.322	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Aspartic acid	g	0.431	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Glutamic acid	g	0.521	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Glycine	g	0.249	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Proline	g	0.223	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Serine	g	0.200	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

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